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### Suicide prevention awareness week events scheduled at UM

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## **NEWS RELEASE**

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Feb. 22, 2008

**Contact:** Kassidy Kern, event organizer, 310-429-9624, [kassidy.kern@umontana.edu](mailto:kassidy.kern@umontana.edu).

### **SUICIDE PREVENTION AWARENESS WEEK EVENTS SCHEDULED AT UM MISSOULA—**

Every year on college campuses across the nation, 1,100 students take their own lives, and that statistic grows exponentially when the number of suicide attempts is considered as well.

The University of Montana's annual "Blues Fest" will take place during Suicide Prevention Awareness Week in March to provide students and the campus community educational information about depression and suicide prevention and the resources available for help.

"Blues Fest" will be held from 10 a.m. to 2 p.m. Tuesday through Thursday, March 4-6, in the University Center. Events are free and open to the public.

Local musicians will play from noon to 1 p.m. each day, and those who attend can get free online mental health screenings, as well as educational and resource information and giveaways.

UM students, faculty and staff also are working to help get information out about suicide prevention efforts through the "Help Someone, Help Yourself" program.

Participants in the program include Curry Health Center Counseling and Psychological Services professionals Ken Welt and David Brown, as well as campus volunteers trained by Welt and Brown in suicide prevention who are known as "gatekeepers."



Gatekeepers have stickers on office doors, water bottles, coffee cups and other items that identify them as people who can help students and others struggling with suicidal thoughts and guide them to trained professionals.

Information about the new program and about counseling and medical services available through UM's Curry Health Center will be available at "Blues Fest."

For more information, call "Blues Fest" coordinator Kassidy Kern at 310-429-9624 or e-mail [kassidy.kern@umontana.edu](mailto:kassidy.kern@umontana.edu).

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